Show Me The Money



拍数: 0 编数: 1 级数: Intermediate/Advanced hip hop

编舞者: Ryan Lindsey (USA) & Jason Branam 音乐: Show Me the Money - Petey Pablo



Sequence: AB AA B AA C AA

Special choreography input by Bubba Jones

PART A

SIDE STEPS WITH A STEP TWICE

1	Step right foot to right side
2	Step left foot to left side
3	Touch right foot to right side

&4 Touch right toe beside left & step right to right side

Step left foot to left side
Step right foot to right side
Touch left foot to left side

&8 Touch left toe beside right & step left to left side

CRISS CROSS, CROSS STEP HOLD

&1	Cross right foot in front of left foot on the & count (while jumping up), then uncross right foot

by stepping out on right foot and weight ends on left

2 Cross right over left

3 Step left foot

Look left on the & count, then look forward while holding position

&5 Cross left foot in front of right foot on the & count (while jumping up), then uncross left foot by

stepping out on left foot and weight ends on right

6 Cross left over right

7 Step right foot

&8 Look right on the & count, then look forward while holding position

PART B

JUMP STEP SLIDE, 1/2 TURN HITCH, 3/4 TURN, 1/4 KICK BALL STEP(WITH STYLING)

1&	2	Slightly jumping	j backwards on '	1, step forward	on left foot on	&, step bac	ck on right foot while
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sliding left foot to back(weight is on right foot)

3-4 While turning ½ turn left, step on left foot, then hitch right knee up

5-6 Place right toe behind left foot, then turn 3/4 turn to right while unwinding (face 3:00 wall) end

on right

7&8 Kick left across right, & step on ball of left foot, then turn 1/4 turn right stepping on right

foot(facing 6:00 wall)

TOUCH GLIDE, 1/4 TURN LEFT, SLIDE BACK, HOLD, STEP, KICK, HOLD, THEN BOUNCE & DROP

1&2	Touch right toe while sliding left foot to left
3-4	1/4 Left while sliding left foot back, hold
5-6	Step forward on left, kick right foot forward

7&8 While keeping right extended: bounce your leg down & up, then touch right foot crossing over

left

CROSS, 1/2 TURN, STEP BACK TWICE, CHUG TWICE, KICK BALL STEP

1-2	Cross right foot over left with a step, then to	irn 1/2 turn to the left (facing 9:00)
1-4	Ciossingin look over left with a step, then the	

3-4	Step back right, then step back left
5-6	Touch right toe twice 1/8 turn left

SAILORS TWICE WITH ½ TURN, CROSS, STEP, STEP, FULL TURN HITCH, STEP (WITH ARM STYLING) Step right behind left while turning 3/8 turn to the right, step on ball of left, then step on right 1&2 Step left behind right, step on ball of right, then step on left 3&4 Cross step right over left: arms (fingertips together, left elbow up, right elbow down, arms 5 diagonally across chest, left elbow at shoulder, right elbow at waist) 6 Step left to left side: arms (fingertips together, left elbow down, right elbow up, arms diagonally across chest, left elbow at waist, right elbow at shoulder) 7 Cross step right over left ¼ turn: arms (point both arms diagonally toward left at floor, while crossing right foot) While on right foot hitch your left leg on the & count while turning a full turn left stepping 88

KICK BALL CHANGE, TOE HEEL SLIDES, LEFT FOOT SLIDE, 540 SPIN

forward on left foot (facing 9:00 wall)

1&2	Kick right foot forward, step on ball of right foot, step on left foot

3&a4 Swivel left toes to right side, swivel right toes to right side, swivel left heel

5 Slide left foot straight back

While on the ball of left foot spin a total of 540 degrees... 1 ½ spin, step on right foot

ROCK RECOVER, CROSS, ½ TURN CROSS, STEP LEFT, HITCH, FORWARD PUSH, HITCH (WITH ARM STYLING)

1-2	Rock left foot to left side, recover weight on right
3	Cross left foot over right
4	While turning ½ turn to right, cross right foot over left
5	Step left foot to left side
6	Hitch right knee up, while lifting right arm up parallel to knee
7	Step right foot forward, while pushing right arm forward palm facing down
8	Hitch right knee up, while lifting right arm up parallel to knee

TURN, STEP, HITCH, STEP, HITCH, 1/4 BODY ROLL TO A TOUCH, BODY ROLL BACK, HITCH

1&2	Swing right leg a ¼ turn while hitching, step down on right, hitch left	
3	Step left foot forward	
4	Hitch right knee up	

5&6 While stepping back on right foot roll upper body a ¼ turn and hold on 6

7&8 Roll upper body back to left a ¼ turn while hitching right foot up

STOMP, 1/4 TURN SWEEP, KICK KICK, SWIVEL TWICE, HITCH, STEP SWITCH

1&2	Stomp right ball, sweep right toe as you do a ¼ turn right, switch weight to right while bringing left toe to a touch
3&4	Kick left behind right at knee level, kick right behind left at knee level, step right foot down
5&6	On ball of both feet swivel to right, swivel heels to center, swivel heels to right while hitching left knee up (should be facing 10:30)
7&8	Step down on left, slide left back while sliding right foot forward, then switch back to original position

PART C

FULL SPIN, HOLD, LEFT SLIDE, CLAP

1-4	Prepare on 1, spin 1 complete turn on 2-4 facing 12:00 at end of spin
5	Hold: while holding extend right arm forward while pointing index finger up
6-7	With elbow bent at chest level, step left foot to the side and slide right to meet left
8	Clap

SLIDE RIGHT, TOUCH BEHIND, UNWIND FULL SPIN, STEP, ARM STYLING WITH KNEE BEND

1-2	Step right to right side, while bending elbow at chest level, touch left toe behind right, while
	pointing both index fingers to the right toward the floor
3-4	Unwind a full turn to the left, end facing front wall
5	Extend arms straight out at chest level, palms facing down toward floor
6	Bend elbows, while bringing arms down to stomach area, palms still facing down
7	Bring arms slightly out to waist area, palms facing toward each other
8	Bring palms and knees together
ACT LIKE A N	IIME: CROSS STEP, RECOVER, FULL BODY ROLL IN SECTIONS
1-2	Both arms extended to the outside of the right leg, palms facing left, while pushing left with
	hands cross left foot over right(act like a mime)
3-4	Rotate hands where the palms are facing to the right, and touch left leg back left side with
	your knees still bent in the starting position
5	Pop left knee out to left side
6	Pop right knee out to right side
7&8	Body roll from stomach up to your arms, with arm ending extended out to left side, at the
	same time move left foot to left side ending with a touch
CROSS TOU	CH, KNEE SWIVEL, DOUBLE KNEE SPIN, STEP UP
1-2	Press left foot down and pop up in a cross over right, at the same time take hands and
	position them on knee like you are picking it up
3&4	Step right to right side and pop knee in then out to right side
567	Drop right knee to floor ¼ turn left, spin on both knees ¾ turn facing front weight ending on left
8	Step up on right
BACK STEP >	K3, STEP KICK, SWING BACK TO KNEE, BODY PRESS, RECOVER, STEP UP
1&2	Step back: right, left, right
3-4	Step forward left, kick right foot forward
5-6	Swing right foot around to right meeting behind left knee, while turning ½ turn right fall into a
	body press on the floor
7	Recover to standing position
8	Step up on left, end with weight on right: finishing body press
STEP, LEFT F	ROLL, STEP, SHOULDER SHAKES, STEP
1	Step left foot to left side diagonal
2	Body roll to left
3-4	Right foot hitch, step down on right with body bent forward at waist
5&6&	Shake shoulder to right, alternating shoulders right left right left
7.0	Clide left feet to wight atomic left feet

Slide left foot to right, stomp left foot

7-8